

Harvest of the Month



March



Winter Squash



Pick:

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

Store:

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

Prepare:

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.

Nutrition Info

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

Fun Facts

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

Uses

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

Farm2School Updates

The School District of Onalaska just ordered three new tower gardens – one for each elementary school! The school district garden coordinator and teachers will be using the gardens as a learning tool in the classrooms.

Family Friendly Activities

Have your child help scoop out a cooked spaghetti squash, then show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

Butternut Mac and Cheese

Serves 8

Nutrition Facts

Serving Size (277g)
Servings Per Container 8

Amount Per Serving

Calories 360 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 300mg **13%**

Total Carbohydrate 52g **17%**

Dietary Fiber 9g **36%**

Sugars 6g

Protein 18g

Vitamin A 50% • Vitamin C 30%

Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 12 ounces whole wheat pasta
- 2 Tbsp. olive oil
- 2 cups diced yellow onions
- 2 Tbsp. butter
- 2 Tbsp. all purpose flour
- 2 cups milk
- 2 cups shredded sharp cheddar cheese
- 2 cups pureed butternut squash (frozen & thawed, or fresh*)
- Salt and pepper to taste
- 12 ounces fresh or frozen broccoli, steamed until crisp-tender
- ½ cup whole wheat breadcrumbs

Directions: Preheat oven to 400 degrees. Bring a large pot of water to a boil. Cook the pasta according to package instructions; drain and set aside. Meanwhile, heat olive oil over low heat in large, oven safe skillet. Add onions and cook until browned, stirring occasionally, about 20 minutes. Remove and set aside. Melt 2 Tbsp. butter in the same skillet over medium heat. Whisk in flour to form a paste. Cook 2 minutes, then whisk in milk. Cook, whisking gently, until slightly thickened. Add in the cheese and cooked squash and mix until cheese is melted. Add salt and pepper to taste. Mix in cooked pasta, onions, and broccoli. Toss in breadcrumbs and bake for 15 minutes or until hot and bubbly.

*Directions for cooking fresh butternut squash. Preheat oven to 400 degrees. Place butternut squash halves on a large baking sheet flesh side up. Rub the flesh with oil. Roast 50 to 60 minutes, until flesh is fork-tender, then puree or mash.

For more information on Farm2School visit www.laxF2S.org

Color a Squash!

